

## **MENTAL HEALTH AND DISABILITY SERVICES COMMISSION**

August 18, 2016 - 9:30 am to 3:00 pm

Polk County River Place, Room 1

2309 Euclid Ave, Des Moines, Iowa

### **MEETING MINUTES**

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#### **MHDS COMMISSION MEMBERS PRESENT:**

Thomas Bouska  
Thomas Broeker  
Jody Eaton  
Marsha Edgington  
Kathryn Johnson  
Geoff Lauer (phone)

Brett McLain (phone)  
John Parmeter  
Rebecca Peterson  
Rebecca Schmitz  
Marilyn Seemann  
Jennifer Sheehan

#### **MHDS COMMISSION MEMBERS ABSENT:**

Senator Mark Costello  
Lynn Grobe  
Representative David Heaton  
Betty King  
Sharon Lambert

Senator Liz Mathis  
Representative Scott Ourth  
Michael Polich  
Patrick Schmitz

#### **OTHER ATTENDEES:**

Melissa Albertson	Aging Resources
Theresa Armstrong	MHDS, Bureau Chief, Community Services and Planning
Jess Benson	Legislative Services Agency
Eileen Creager	Aging Resources
Sandy Hurtado-Peters	Iowa Department of Management
Linda Kellen	Iowa Department of Inspections and Appeals
Peter Schumacher	MHDS, Community Services & Planning/CDD
Rick Shults	Division Administrator, MHDS, Department of Human Services
DJ Swope	Iowa Department on Aging

#### **Welcome and Call to Order**

Marsha Edgington called the meeting to order at 9:39 am and led introductions. Quorum was established with ten members present and two participating by phone. No conflicts of interest were identified.

#### **Approval of Minutes**

John Parmeter said he would like to see the meeting minutes from July include a more specific description of his comments about Orchard Place's issues with United Healthcare. Peter Schumacher said he would make that correction.

Tom Broeker made a motion to approve the June 16 and July 6 minutes as corrected. Becky Schmitz seconded. The motion passed unanimously.

### **Cost Increase Recommendation – Tom Broeker**

Tom Broeker presented a draft of the Commission's Cost Increase recommendation for State Fiscal Year 2018. He explained that it was similar to the previous year's recommendation in that it recommends adjustments to account for population growth and inflation, as well as funding priorities including eliminating the waiting list for Medicaid's Home and Community-Based Service (HCBS) waivers, providing sustainable long-term funding to support Mental Health and Disability Service (MHDS) Regions, and allocating funds to build capacity for community-based mental health services.

John Parmeter made a motion to approve the cost increase recommendation. Geoff Lauer seconded the motion. The motion passed unanimously.

### **State Resource Center Barrier Report – Marsha Edgington**

Marsha Edgington spoke about the State Resource Center's (SRC) annual barrier report, which identifies reasons why individuals living in Iowa's two SRCs have not moved into their communities. She said the information in this report is current as of the end of 2015, and she can provide more up-to-date information if needed.

Marsha presented the Barrier Report.

John Parmeter asked if there are individuals being admitted into SRCs. Marsha answered that there were. The total population year-over-year is to decrease as individuals find community-based services and housing, but the SRCs will admit individuals who need that level of care.

Tom Bouska asked if individuals are required to look for services outside of Iowa before they are eligible for SRC placement. Marsha answered that there needs to be an exhaustive search within the state of Iowa, but not outside of Iowa.

Tom Bouska noted that there were a few children listed in the SRC censuses, and said he has heard that this is not a resource for children. Rick Shults said that the Department has a very strong preference for children to find treatment in other settings. Marsha said that many SRC residents exhibit sexually aggressive behavior, so having children in that environment is not ideal, and only done if there are no other options.

Kathy Johnson thanked Marsha for the report and asked if the ultimate goal was to reduce the census to zero. Marsha said she did not know if the goal was to reduce the SRC population to zero, but said she felt everyone could be served in the community with the proper resources.

Kathy noted that there has been a significant reduction in the census and said she assumed there had been a corresponding reduction in cost. Kathy asked if these savings had been invested in building community capacity. Marsha noted that there are fixed costs like the facility operating costs, but there have been savings.

Jody Eaton thanked Marsha for the report and said she was working on something similar in the Central Iowa Community Services MHDS Region. Jody asked if there was any particular type of interfering behavior interventions have had success. Marsha answered that building capacity in behavioral analysis is key.

Jen Sheehan asked if they had seen any issues with workforce and retaining staff. Marsha said she had seen some issues with getting enough applications and qualified candidates. It is difficult to find people willing to work certain shifts in a twenty-four hour facility.

#### **Discussion of the Helping Families in Mental Health Crisis Act – Rick Shults**

Rick Shults presented a section-by-section breakdown of the Helping Families with Mental Health Crisis Act (the Act) that was produced by the National Association of State Alcohol and Drug Abuse Directors (NASADAD).

The Act establishes an Assistant Secretary of Mental Health and Substance Use Disorders and moves the Substance Abuse and Mental Health Services Administration's (SAMHSA) duties into the Assistant Secretary's office. This would raise the visibility of mental health significantly. The Act also directs the Assistant Secretary to produce several reports, establishes demonstration grants, expands mental health awareness training to law enforcement officers and first responders, codifies policies Medicare and Medicaid have had in administrative rule, and makes changes to the Health Insurance Portability and Accountability Act (HIPAA) and the Family Educational Rights Privacy Act (FERPA) that would allow family members to have access to protected health information under some circumstances.

Rick said the Act includes funding for Evidence-Based Practices (EBPs) as well as "promising research" which refers to a newer practice that has been successful in a small number of cases, but had not yet had the rigorous evaluation that EBPs have had.

Becky Schmitz asked about expanding the number of licensed therapists that could bill under Medicare. Rick answered that he did not think it was in the current version of the bill.

Rebecca Peterson asked about the difference in status between the Director of SAMHSA and an Assistant Secretary of Mental Health and Substance Use Disorders. Rick answered that an assistant secretary would be much higher on the organizational chart than the Director of SAMHSA currently is.

There was discussion about the expansion services across the entire array of mental health care.

#### **MHDS Update – Rick Shults and Theresa Armstrong**

Theresa said there had been a lot of talk about MHDS Regions and noted that Jody Eaton was chairing a committee on crisis services. There is another workgroup meeting in the next few weeks to look at how to blend resources to meet the needs of individuals with more complex needs.

Theresa said the Department has awarded three contracts to providers for the Certified Community Behavioral Health Clinic program. The awardees are Heartland Behavioral Health Services in Council Bluffs, Seasons Center in Emmetsburg, and Abbe Health in Cedar Rapids. The Department is now working quickly with the providers to get fully certified. There are twenty-three states with planning grants, and only eight of those will receive demonstration grants. Theresa noted that there was some discussion about expanding the number of states that could participate in the demonstration project, but it is unlikely.

Kathy Johnson asked about the progress with some proposed changes with crisis accreditation rules that would make it easier for providers of mental health crisis services to gain accreditation. Theresa answered that the Department was working on adding a layer of staffing that would not require a four-year degree, but do have experience in the field to help with the

non-clinical needs of individuals. There has been a delay as accreditation staff has been assisting with the CCBHC project.

Theresa said administration rules regarding subacute services were approved by the Administrative Rules Review Committee, and will be effective on September 7. The Department of Inspections and Appeals (DIA) is accepting applications. Linda Kellen said they have received one application but will not review any of them until September 7 to give every applicant a fair opportunity.

Theresa said the administrative rules amending the Autism Support Program are in the Administrative Bulletin and open for comment until September 12.

Rick Shults spoke about the Children's Mental Health and Well-Being Workgroup (The Workgroup). Rick said there is an RFP for planning grants to two children's mental health crisis providers that has been posted, and responses are due September 2. There will be a similar process for an RFP for three "Learning Labs" that will examine collaborative approaches to helping children and their families. The Department released a Request for Information (RFI) including a proposed scope of work for the Learning Lab RFP. The Learning Lab RFP will follow the children's crisis RFP by approximately a month.

Currently, the Department is working to show where children's mental health services are located. Rick said the next step after identifying where services are is identifying the need for capacity, and eventually the Workgroup will work to determine how to govern and fund a children's mental health system. Rick acknowledged the work that NAMI had done last year that informed the Workgroup in many ways.

#### **Public Comment**

There was no public comment.

The Commission took a break for lunch at 11:45 pm

The Commission resumed at 1:03 pm

#### **Planning for the September Meeting**

Peter Schumacher said he planned to have presentations from the Veterans' Administration and the Department of Corrections to discuss the mental health services they offer.

There was a suggestion for a presentation on Money Follows the Person, which would complement the SRC Barrier Report.

The Commission broke into committees at 1:20 pm

The meeting was adjourned at 2:00 pm.

Minutes respectfully submitted by Peter Schumacher.